WEIDER®

ZONE TONER

Model No. 831.280760

IMPORTANT PRECAUTIONS

- Read all precautions and instructions in this manual and view the included videocassette before using the ZONE TONER.
- It is the responsibility of the owner to ensure that all users are adequately informed of all precautions and instructions.
- Use the ZONE TONER only as described.
- Be carefnl to avoid being pinched between the sliding components of the ZONE TONER.
- If you feel faint, dizzy, or short of breath while exercising, stop immediately and begin cooling down.
- Before you begin this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with preexisting health problems. SEARS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THIS MANUAL FOR FUTURE REFERENCE

USER'S MANUAL

Congratulations for purchasing the innovative ZONE TONER from WEIDER. The ZONE TONER is a compact resistance trainer that focuses on specific areas of your body—the hips and thighs, abdominals, calves, arms, and chest—to give you a shapelier figure and increased overall fitness. Used as part of a program that includes aerobic exercise, strength training, and a proper diet, the ZONE TONER will help you to look better and feel better in only minutes a day.

Before using the ZONE TONER, please read this manual and view the included videocassette.

EXERCISE EQUIPMENT

QUESTIONS

HELPLINE!

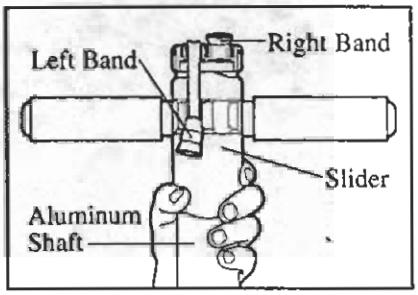
1-800-736-6879

SEARS

SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179

How to Adjust the Resistance

The ZONE TONER offers three different resistance levels, allowing you to exercise at the level that's right for you. The resistance level is changed by connecting or disconnecting the resistance bands.



To connect one of the resistance bands, first hold the slider at the top of the aluminum shaft (see the drawing at the right). Next, firmly hold the knob on the end of a resistance band, pull the knob down, and fit the knob into the corresponding groove in the slider. To disconnect a resistance band, firmly hold the knob, pull the knob out of the groove in the slider, and rest the knob in the upper end of the aluminum shaft. **IMPORTANT: Always keep at least one resistance band attached to the slider.**

If you are just beginning an exercise program, connect only the left resistance band to the slider. This will give you the lowest resistance level. To select an intermediate resistance level, connect only the right resistance band. When you are ready for an advanced resistance level, connect both resistance bands.

Exercise Guidelines

The ZONE TONER offers a variety of exercises that tone your hips and thighs, abdominals and back, calves, arms, chest, and shoulders. The photographs in this manual show the proper form for each exercise.

To tailor the intensity of each exercise to the level that's right for you, simply change the resistance of the ZONE TONER or change the number of repetitions that you perform. Start with the lowest resistance level. When you can easily complete several repetitions of all exercises, move up to the next resistance level. Be careful to avoid overdoing it during the first few weeks of your exercise program. It is better to increase the number of repetitions you do than to increase the resistance of the ZONE TONER too quickly.

Always begin and end each workout with a few minutes of stretching. Stretching prepares the body for exercise by increasing the body temperature, heart rate, and circulation. After exercising, stretching allows the heart rate to return to normal and the muscles to cool down gradually. Stretching after exercise is also very effective for increasing flexibility.

Remember to keep plenty of water nearby as you exercise, and drink periodically to avoid dehydration. **CAUTION: If you feel faint, dizzy, or short of breath at any time while exercising, stop immediately and begin cooling down.**

Exercises

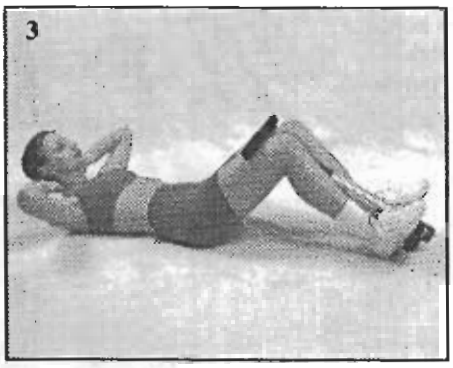
1. Sitting Adductor (targets inner thighs and hips)

Sit on a chair with your feet about shoulders width apart. Compress the ZONE TONER halfway and place the handles between your knees as shown. The aluminum shaft should be one half inch above your knees. Rest your hands on the handles. Compress the ZONE TONER as far as possible by pressing your thighs together. Return to the starting position. Repeat 10 to 15 times. As your thighs get stronger, allow the ZONE TONER to fully expand with each repetition.

2. Sitting Abductor (targets outer thighs and hips)

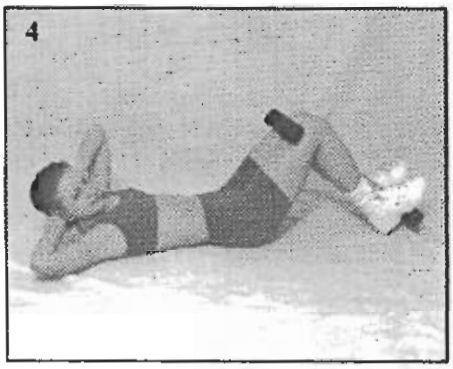
Sit on a chair with your feet slightly more than shoulders width apart. Extend the ZONE TONER and position the handles on the outsides of your legs as shown. The aluminum shaft should be one half inch above your legs. Rest your hands on the handles. Extend the ZONE TONER as far as possible by moving your thighs apart. Keep your feet on the floor and roll them outward, if necessary. Return to the starting position. Repeat 10 to 15 times.

3. Basic Crunch (targets abdominals and back)



Lie on the floor and bend your knees as shown. Place the indicated end of the ZONE TONER under your feet. Extend the ZONE TONER and rest the other handles on top of your legs. Lock your hands behind your head. **Using your abdominal muscles,** slowly curl up about halfway to a sitting position. Return to the starting position. Repeat 10 to 20 times. Be sure to keep your lower back on the floor. To focus on your lower abdominals, hold your feet 12 to 18 inches off the floor during the exercise.

4. Oblique Crunch (targets waist and sides)



Perform this exercise in the same way as the Basic Crunch, but as you curl up, bring your left elbow toward your right knee; on the following repetition, bring your right elbow toward your left knee. Complete 10 to 15 repetitions, alternating sides with each repetition. Be sure to keep your lower back on the floor.

5. Seated Crunch (targets abdominals and back)

Sit on a chair and rest the indicated end of the ZONE TONER on your legs. Compress the ZONE TONER slightly, lean forward, and rest your chest on the upper handles as shown. Hold the lower handles and sit upright. **Using your abdominal muscles,** bend forward at the waist. Return to the starting position. Repeat 10 to 15 times. Be sure to keep your back straight.

6. Calf Raise (targets calves)

Sit on a chair and place the indicated end of the ZONE TONER under your toes. Extend the ZONE TONER and rest the upper handles on your legs, just behind your knees. Extend the ZONE TONER as far as possible by rising on your toes. Return to the starting position. Repeat 10 to 15 times.

7. Biceps Curl (targets biceps and forearms)

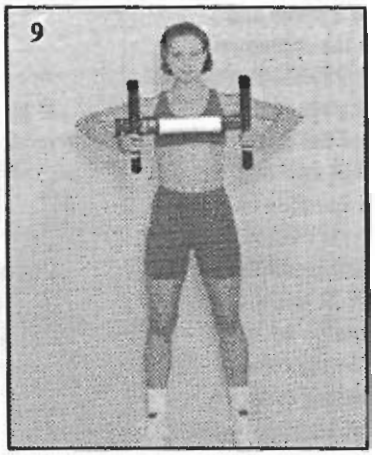
Sit on a chair and place the indicated end of the ZONE TONER under your legs. Hold the upper handles with an underhand grip. Keeping your elbows at your sides, pull the upper handles as close as possible to your chest. Return to the starting position. Repeat 10 to 15 times. Be sure to keep your back straight.

8. Triceps Extension (targets upper arms)

Sit on a chair and rest the indicated end of the ZONE TONER on your legs. Place your hands on top of the upper handles. Keeping your elbows at your sides, slowly press down the handles as far as you can. Return to the starting position. Complete 10 to 15 repetitions. Be sure to keep your back straight.

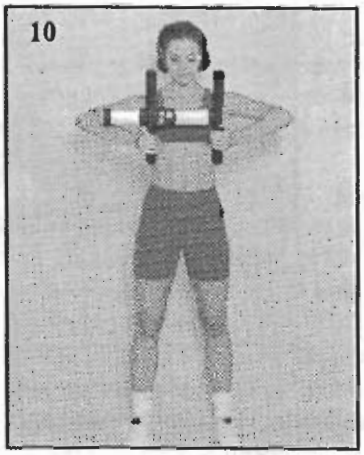
9. Back Toner (targets back and shoulders)

Stand and hold the handles of the ZONE TONER as shown. Extend the ZONE TONER as far as possible by moving your hands apart. Return to the starting position. Perform 10 to 15 repetitions. Be sure to keep your back straight.



10. Chest Press (targets chest and shoulders)

Stand and hold the handles of the ZONE TONER as shown. Press the handles together as far as possible. Return to the starting position. Perform 10 to 15 repetitions. Be sure to keep your back straight.



To keep the WEIDER ZONE TONER working smoothly, use a small amount of rubbing alcohol to remove any scuff marks that build up on the aluminum shaft. Clean the remainder of the ZONE TONER with a soft, damp cloth. *Never use solvents on the ZONE TONER.*

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SEARS

QUESTIONS?

If you need help assembling or operating the WEIDER® ZONE TONER, if a part is missing, or if you need to schedule repair service, call our toll-free HELPLINE

1-800-736-6879

Mon.–Sat., 7 am–7 pm Central Time (excluding holidays)

Full 90-day Warranty

For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this SEARS ZONE TONER EXERCISER, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the ZONE TONER EXERCISER, free of charge.

This warranty does not apply when the ZONE TONER EXERCISER is used commercially or for rental purposes.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

SEARS, ROEBUCK AND CO., DEPT. 817WA, HOFFMAN ESTATES, IL 60179

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